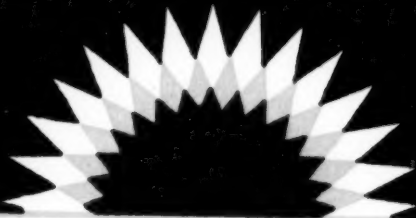


# UNITY DAILY WORD



A MAGAZINE OF SUNSHINE

**15¢ A COPY**

**\$1.50 A YEAR**

In This Issue:  
"Open Doors"  
to Your  
Peace, Health, and Success

**AUGUST, 1931**

A PAGE OF INSPIRATION FOR EACH DAY

AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY  
July 20 to August 19

"Thy word is a lamp unto my feet,  
And light unto my path."

By the power of Thy Spirit I am  
strengthened and healed.

Thy unfailing bounty fills my mind and  
overflows into all my affairs.

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AUGUST  
1931

## UNITY DAILY WORD

A little companion that daily will direct your steps to the sun-tipped heights in whose glory you will behold the son of God, for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of *Unity Daily Word*, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

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### TAKE A VACATION

Cease to think depressing thought;

Worry always comes to naught.

Take a vacation!

Give your mind its needed rest;

Free it from all thought depressed.

Give it a vacation!

The shortcomings of the race,

You will never have to face.

Take a vacation!

You will "come back" with a bound,

Feeling extra fit and sound,

From your mental vacation!

## A NEW DAY

A newborn day! Oh, may I not  
Leave on its shining page one blot  
To mar its whiteness; may no tear  
Of pity for myself appear  
Upon it, or one low desire;  
But ever turning love's flame higher  
Within my breast, may I speak words  
That lift the soul—like bright-winged birds—  
And send them into skies of blue;  
May all my thoughts be pure and true,  
And everything I do today  
Be done unselfishly; oh, may  
I just forget myself and be  
Helpful and kind, and try to see  
The good that is in everything,  
And cause some weary heart to sing;  
May I return the page tonight  
To God—unspotted, clean, and white.

—*Virginia Eaton; Columbus Dispatch.*

## OPEN DOORS

**H**OW WOULD you like to have some great god or mighty power make you this promise: "I have set before thee a door opened, which none can shut"?

Would you accept his authority, claim the promise, and go your way through life confident that he had opened all doors to you, doors that could not be closed by human hands? Or would you begin to reason over and over in your mind, trying to think of some kinds of doors not included, some human hands not mentioned?

Have you thought that there were doors closed to you, human hands that placed obstructions in your path? Have you had the experience of trying very hard to reach a certain height or goal, only to find when you arrived there, ready for the final step to victory, that human agents were barring the way? If so, then you need to know that this promise has, indeed, been made. The voice of heaven says to you this day: "I have set before thee a door opened, which none can shut."

Many persons go through life secretly desiring to enter a new world, one with new opportunities, peace, health, love, and success. Is the door to this life, this world, closed to them? Can any one or anything shut it? Could anything close the door except their own delusions? Of course, if they do not perceive the truth, they believe in closed doors. But if they accept the promise, all doors are opened to them.

There are those who stand before open doors, at the threshold of opportunities and suc-

cess, who are self-mesmerized with the belief that these doors are closed, that others have shut them, barring their way, depriving them of progress and advancement. These persons see closed doors, their efforts thwarted. Still, they stand before open doors, doors that none can shut to them.

"I am the door," says Jesus, who, to us, is Truth, light, peace, love, life. We begin to see that the realization of Truth, light, peace, love, and life is the door opened to us upon an ever enlarging world. The realization of love most assuredly opens the door to a world of love, a door that neither hate nor fear can shut. The consciousness of Truth opens the way to an understanding of more and more Truth, a way that ignorance cannot close to us.

The very thought of closed doors carries with it the thought of thwarted ambition, lost hope, adversity, failure. Surely man's Creator does not make him a thing of abjection, a failure, a victim of human chicanery. Certainly God of justice, God omnipotent, closes no doors to His offspring, neither does He permit doors to be shut to him.

*"My progress is unimpeded, because the Spirit of God bears me onward."* This affirmation rings true in its every syllable. The whole thought is backed by the Biblical injunction and promise. Surely Truth is in its every word. If we think of our progress as unimpeded, then we cannot give one thought to the belief that other persons can be impediments to our ongo-

ing. If we think of the Spirit of wisdom, justice, and omnipotence as bearing us forward, then we cannot entertain the slightest thought that any person or thing can block the way of God's will for us.

Many persons live in a world of inhibitions. They are hedged in on every side by restrictions to their development and progress, restrictions consented to because they feel somehow that it is natural for man to submit to limitations. Their world of limitations and restrictions is, truly, a world of delusions, one conjured up by their own benighted beliefs.

Since the world about us takes on the nature of a circle about us, we can think of this world or the circle as having many doors, open doors. We could mark these doors with many names. Here a door to health, here one to happiness, there one to success—all opened to us. We find doors in the outer world opened to us because in consciousness we have found inner doors opened. The door to health is opened because we know that the Spirit of life within us recognizes nothing as having power to limit our health.

Do you grasp the truth of this message of open doors? Are you not ready now to set out upon the great adventure of proving this great truth, finding all the open doors that you can, passing through them to greater and nobler things? Remember, they are all open to you. You can do whatever you want to do, whatever you can conceive of yourself as capable of doing.

## HEALTH SYMPTOMS

**H**EALTH is contagious! Possibly this accounts for the fact that many persons, accustomed in the past to taking on the symptoms of disease as they read descriptions of disease, now find that through the study of Truth literature they have all the symptoms of health and, finally, even health itself.

There is power in the suggestion of health conveyed by those Biblical passages which make health their keynote. Our forefathers, who rigorously studied the symptoms of disease and often found themselves part of the graphic pictures that they studied, have been superseded by a new race, a race of men interested in health symptoms. The news-stand popularity of magazines devoted to physical culture, New Thought, and psychology attests to the truth of the statement that mankind is turning its attention away from disease and its symptoms to mental and physical perfection.

The familiar conversation about operations, headaches, and insomnia prevalent a decade away is becoming taboo in polite society in many places. The person who confesses to having disease and who tiresomely describes his ills but confesses that he has broken natural, moral, or spiritual laws! In the past people thought that disease came about by some mysterious cause entirely removed from the individual himself. Outside forces or agents—a fresh draft of air, an unexpected shower, a bit of germ life, the diseases of kindly old grand-



parents—were thought of, at one time, as the causes of man's diseases.

Today man's disease symptoms and his diseases are checked up to him. If he lives in the thought of the past, he is still thinking, studying, manifesting, and talking disease. When he comes to the place of hearing and accepting the new philosophy, that of health, his world changes. He begins to show signs of health, symptoms of well-being. Furthermore, he wants others to see his degree of health, since this is indicative of his healthy mind, healthy emotional life, and morality.

Health symptoms disclose the fact that we are health-minded. Physical health in the individual leads us to expect to find Truth, peace, love, and health in his consciousness. We can see that the race of the future will be made up of those who will be just as eager to be thought of and spoken of as healthy in mind and in body as men in the past have been quick to make their diseases a subject of conversation.

The person who thinks thoughts of fear, selfishness, intolerance, greed, lust, and evil is sure to outpicture in his body disease and its symptoms. Those whose minds are free from such heavy, tense, and impure thoughts are just as certain to manifest health. Their minds are open to the healing power of Spirit, and it manifests in their bodies as health and wholeness.

If you live in a community where disease, contagion, infection, heredity, and symptoms are freely discussed, discipline your mind so

that you do not accept these as realities or as something to which you might be subject. The new age demands men and women of intelligence and health. The new philosophy of Christian metaphysics and healing, the old truths of higher understanding, most fitly meet the needs of modern men and women. For them the Christian religion is given a new presentation, and they find in it that which most fitly meets the needs and demands of a new day and modern times.

The applicant for a new position who can show health symptoms has a great deal in his favor. His prospective employer knows that there will be no days of absence from work, no shortage in mental efficiency, no lack of physical endurance. His healthy aura will give promise of a congenial nature, a spirit of coöperation, and a disposition to handle situations with optimism, mastery, and thoroughness.

We use the term "health symptoms" advisedly because it causes us to look to ourselves for even the slightest indications or evidences of health. Every one has health to some degree and, as he observes his symptoms of health, he begins to see the various ways in which his health manifests. The expression, "health symptoms," is especially coined for those who are inclined to look for symptoms of disease. They must realize that health symptoms are but guideposts to perfect health, and that those who find in themselves peace, love, and life can expect these to manifest as health in body.

## IMPERSONAL CONSCIOUSNESS



HOSE WHO are in personal consciousness think of other persons as having power to limit them, interfere with their joy, impede their progress. They are very much affected by what other persons think or say about them. They, in turn, take the liberty to speak unkindly of others. To such as these the world is made up of personalities, those with personal grievances, those with personal shortcomings, those with power to limit the personal rights of others.

In spiritual or universal consciousness we are not concerned with personalities, but we are interested in principles. In such a consciousness we live an impersonal life, free from all concern about what others think or say about us, free from all inclination to criticize or to limit others. Interested in principles based upon God, the principle of good, we live in an impersonal consciousness.

How much weight is often given to some thoughtless remark, some shrug of the shoulder, some unintended slight! Oftentimes a person in personal consciousness will lose sight of tremendously important issues in his life or career by giving thought to the remarks or acts of those who deal in personalities. Those who will not accept Truth's power to heal can, at least, take the message of impersonality that it offers them. They can be healed of the belief that persons or things can limit their freedom or affect their joy.

There are those who spend a lifetime in grief

over one whom they held in personal consciousness. Surely God's will for them is not that they should be sad for years upon years because they are unable to see some person whom they love. Surely no philosophy of life, no religion, would sanction such a mental attitude. The person holding himself in bondage to the likes or dislikes of another person has not reached spiritual or impersonal consciousness.

Do you think that the impersonal consciousness gives one a cold, heartless attitude toward life? Certainly a person need not be thought of as lacking the warmth of human compassion because he neither gives others power to affect his joy or success nor gives himself power to limit them.

In the great scheme of life our relation toward our fellows is one in which we benefit, help, and bless one another. Certainly, if we can evolve out of the bondage of personal consciousness, out of the belief that others have power over us, we have made a step heavenward. Surely a great part of the overcoming to which we are devoted as students on the Path is that of overcoming personal consciousness.

The benefit of impersonal consciousness makes an instant appeal to those weighed down by the cares of personal situations. Gladly they give up the belief that others can harm or limit them, and gladly they accept the truth of their freedom. Those who go forward must be free from personality, yet warm and compassionate toward friends and loved ones.

## BEING AGREEABLE



NE OF THE characteristics of the person who is most needed and desired in business or social life is agreeableness. Inefficiency on the part of office help can often be overlooked or excused if the individual is agreeable, pleasant in his dealings with others, always considerate of the public. Business firms often pay large salaries to men or women who can meet the complaining public with a disposition that smooths wrinkled brows and brushes aside difficulties.

The individual most popular socially is the one who is agreeable. A young woman may not be beautiful, she may lack many of the qualifications often thought of as making for social success, but if she is agreeable she is never lacking in friends and invitations.

Somehow the disagreeable person plainly shows that he loses sight of the true issues of life. Men and women find themselves in difficult human experiences, often with vexing little problems to be solved, often needing just a word of cheer or friendly contact. The disagreeable person, the one with an uncongenial disposition, the one who refuses to coöperate, the one always ready to magnify his own personal desires and pleasures, truly takes much for granted when he thinks that he has even the slightest right to let others feel his mood.

A man who recently disciplined another, a stranger to him, in a crowded car at the close of the day's work, calling attention to some trivial breach of good form, showed himself to

be far more lacking in taste, good breeding, and refinement than the one whom he disciplined. The individual who can pass over another's shortcomings without appearing to see them always merits recognition for the qualities of higher intelligence, culture, and grace.

The person who is agreeable and who makes others feel easy in his presence shows quite a soul development. He belongs to the nobility of God. He comes as an ambassador from heaven bearing greetings of kindness and love. Truly he belongs to heaven's aristocracy.

The disagreeable person thinks that he has a right to express his disagreeable feelings. But he does not have! There can be no excuse for being disagreeable. Every situation, regardless of its nature, can be handled agreeably. If you doubt this, just remember that there is many a one who would always be master over the circumstances that seem to you at the moment to master you.

Our knowledge of Truth will usher in not only a more peace-loving and more healthy race of people, but a race kind and considerate in its dealings. We can easily see that Truth will prompt us to be more loving and that, through love, whatever makes for disagreements and disagreeableness will be overcome. When we consider that others have problems for solution, we shall not try to add to the weight of their burden by being unkind with them. We shall try to ease the load by speaking words of love prompted by thoughts of Truth.

## In His Hands

I place myself  
and all my  
affairs lovingly in  
the hands of the  
Father~~~~~That  
which is for my  
highest good  
shall come to  
me.

~Evelyn Whitell

SATURDAY, AUGUST 1

---

*I rise out of every belief in insufficiency of life into the realization that the Spirit of life lives in and through me.*

**T**HE MEASURE of life that we possess depends entirely upon our conscious realization of life. If our measure seems to be limited, we should not think of life itself as limited in any wise. We find that as we think about life we have more of it; therefore, we grow in the fullness of life as we increase in consciousness of it.

If you seem to lack vitality and animation, begin to clear your mind of such belief. Cease to look upon yourself as lacking vitality. Cease to think of life as insufficient or limited. Change your thought. Become receptive to Truth—and to life!

As you meditate upon life—life within you—seek to become aware of life to the extent that you can never again doubt its presence, its sufficiency, its oneness with God. Know that the lifespring within you is but the outpouring of Spirit. Realize that God in the very midst of you ever expresses in and through you His life, health, and strength. This realization will give you such a consciousness of life that you will constantly feel your oneness with the inner life of God.

Christ liveth in me: and that *life* which I now live in the flesh I live in faith.—*Gal. 2:20.*



## SUNDAY, AUGUST 2

---

*Each morning I see new evidences of  
God's grace, love, and blessings.*

**H**AVE YOU cultivated the very good habit of seeing yourself and all things each morning in a new light? Have you discovered that you can take a new hold on yourself, your life, and your work whenever you catch the new vision? Know that in Truth you are not to be enslaved by the thought of age. In Spirit you are momentarily renewed in mind and in body.

Those who allow themselves to become old are mesmerized by the race belief in age. They think of themselves as growing old, and so they go the way of old age. Others who have lived just as long are youthful in mind and in body because they are governed by the thought of youthfulness and newness. On every hand we see evidences of the power of youthful thoughts to keep men and women young. If we are to behold the newness of God expressing itself each day, then we must first see this in ourselves. When we have gained a consciousness of this we can look for it about us, in others, everywhere in our world.

Carry with you the thought of newness, new evidences of God's blessings, and see it everywhere expressed.

Jehovah's lovingkindnesses . . . are new every morning.—*Lam. 3:22, 23.*

MONDAY, AUGUST 3

---

*God's freedom is now accepted by my mind as my own freedom, and in all my thoughts and actions I am loyal to the truth of freedom.*

**D**O NOT think of yourself in any wise as bound or limited. You are free Spirit and must express the freedom of Spirit within you, the freedom that your Father has given you and conferred upon you for all time. When you bind yourself in any way, you show a measure of disloyalty to your heavenly Father and spurn His gift—as precious a gift as any that He gives to you.

Jesus brought humanity the message of freedom—freedom from worry, disease, and lack. He knew that the Truth that He taught would free men from the ignorance that held them in bondage. Their minds had become so accustomed to bondage that they did not readily accept the truth of freedom.


Are you limited today by the belief that you are bound to some limitation? Are you enslaved by a belief in disease, heredity, contagion, or death? Do you believe in lack and failure? Then know that through the Christ consciousness you are free from all these.

The Spirit of the Lord Jehovah . . . hath sent me . . . to proclaim liberty to the captives, and the opening of the prison to them that are bound.  
—Isa. 61:1.

TUESDAY, AUGUST 4

---

*My body is free from all thought of disease, weakness, and death, and manifests the life and perfection of Spirit.*

 IN THIS AGE we are developing a new concept of the body. We are giving up the old thought about it as something subject to weakness, infection, and disease. A search of the Bible—especially the writings of Paul—shows that the modern metaphysical view coincides with that apostle's teachings, as well as those of Jesus. We are beginning to see that men about two thousand years ago had a better understanding of what the body is than many persons today have.

Is your body a temple of the Holy Spirit? In the ideal, yes. In manifestation, no, if you have not perceived and demonstrated the truth about it. In manifestation, your body is characteristic of your most secret thought about it. It reveals to others your consciousness of health. The body is the index of your belief in disease or health. If you have been raised from the belief in mortality, death, to the consciousness that Spirit lives within you, then your body expresses health, strength, perfection. In your body you erect by right thinking a fit temple for the presence of God.

He that raised up Christ Jesus from the dead shall give life also to your mortal bodies through his Spirit that dwelleth in you.—*Rom. 8:11.*

WEDNESDAY, AUGUST 5

---

*My constantly increasing faith in God, the good, frees me from doubt and unbelief. I have faith in the supremacy of good.*

**T**HOSE WHO think that they have no faith might be surprised to realize that they do have faith in the power of adversity. Ordinarily we say that a man of faith is one who has faith in God, the good. Conversely those who do not have faith in Him are thought of as having no faith. However, they have faith—but their faith is in the so-called power of adversity.

If you would free yourself from faith in sin, evil, and disease, build up a mighty faith in God. Realize that He in you and in your life is omnipotent. Consider no other power, no opposite to God. Think only of the good as supreme. Be positive in your faith, positive and receptive to good.

Faith in God, the good, is an antidote to any belief in the power of evil. To increase our faith in the healing power of God, we must yield all belief in the power of disease. To entertain the slightest doubt in God's power to protect, heal, or prosper us would be to throw ourselves on the side of the Adversary. We must react to all situations with faith in the good.

Jehovah preserveth the faithful.—*Psalms 31:23.*

THURSDAY, AUGUST 6

---

*I am freed from all worry and anxiety because I place my trust in the power of God to produce good from every situation.*

**Y**OU CAN easily relieve yourself of worry by bringing about a change of thought. Substitute trust in God for worrisome thought. Reduce all worry about persons and things to an appreciation of the fact that worry is purely psychological. You are not affected by other persons or external things; you are affected entirely by your thought about them!

The person who worries should understand that worry is a habit. He can prove this statement by the fact that just as soon as one worry is out of his mind he becomes susceptible to worry about something else. His relief must come through reeducating his thought processes, by substituting trust in good for the tendency to anticipate evil.

If you will grasp this simple philosophy you will be able to prove for yourself how easily you can free yourself from worry. When you first notice the tendency to worry, change your thought to one of hope and trust. Expect God in the very midst of you to bring good to pass. Make yourself receptive to Him, to His work, and you will see good manifest in your life.

In nothing be anxious.—*Phil. 4:6.*

FRIDAY, AUGUST 7

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*The peace of God within me fills my heart, my mind, and my body, and I am at peace with all persons and all things.*

**B**ECOME so conscious of the peace of God at the heart of your being that you cease to believe in inharmony in any form. Know that in the world of God, the world of spiritual verities, there can be no lack of peace, no lack of God. In God's world, the world of Truth, peace reigns supreme.

To establish peace within yourself is to make yourself at peace with all external things. Nothing in all this world can disturb you when you are at peace with yourself and with God in the midst of you. No person or external thing can affect your peace or take it from you when you realize that it is established in Spirit, enduring, unchangeable.

Does your thought about some person or thing seem to be disturbed? Then take your thought off him or it and center your thought on God, on peace within you. Become so conscious of peace that you can feel no lack of it. Realize that peace fills you and all your world. See the appearance of inharmony and confusion transformed into peace.

As you grow in the realization of peace, you will find your life literally filled with peace.

Go in peace, be ye warmed and filled.—*James 2:16.*

*The law of divine justice is now working in my affairs as the principle of absolute justice in all things.*



**N**O LONGER think of the law of divine justice as something apart from you. Know that as the principle of perfect justice it is at the very heart of your affairs, tangibly operating as the justice needed in your home, your office, or your associations with other persons.

Realize that all your affairs are under the government of divine justice. Think of no person or situation as able to bring injustice into your life, as capable of causing any adverse circumstance to come about through the intervention of injustice. The thought that you have given to the power of injustice must now be given to faith in God as supreme justice.

Rule out of mind every belief that any person can keep the justice of God from appearing in your life. Disabuse your mind of all belief that any external thing can prevent God within you from manifesting as divine justice. Live in the conscious realization that God is all in all, that justice is unhindered and unlimited in its scope and action. Realize your oneness with God, your unity with His absolute justice, His supervision of all your affairs.

Execute the judgment of truth and peace in your gates.—*Zech. 8:16.*

## SUNDAY, AUGUST 9

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*God, the good, fills me so completely  
that there is no place in me for evil.  
God's goodness is omnipotent, omni-  
present.*

**T**ODAY we take our thought off evil. We cease to think of it as a reality in God's world of Truth and goodness. We know that it appears only in the outer world of effects as the result of adverse thinking. We know that it ceases to appear when we cease to believe in it.

In Truth, there is only God and His manifestation. There is only good, manifesting as God's expression of Himself. That which men call evil is but their limited concept of good. Evil is that which men perceive in the world of objectives when they lose sight of the omnipresence of God.

In metaphysics, when we speak of the "nothingness" of evil, we but declare the omnipotence and omnipresence of God. If we know God in this way, we realize that evil belongs to the phenomena of adverse thinking. We see evil disappear when thought of evil is replaced by thought of good. Sin ceases to appear when sin-creating thought is changed to good thought.

In Truth we live in God's world of goodness, one with Him, ever unified with His good.

Of purer eyes than to behold evil.—*Hab. 1:13.*



## MONDAY, AUGUST 10

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*Christ, the perfect man in me, now appears as the manifestation of God's man of peace, strength, and success.*

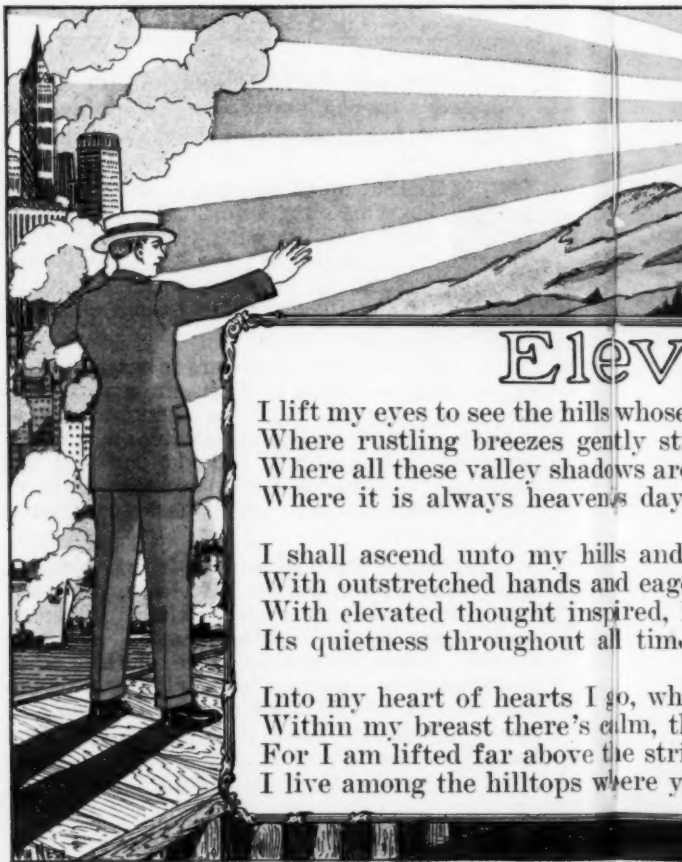


CHRIST, spiritual man, lives at the very heart of your being. His presence is your identity with God. Regardless of the events of your life, even though they may seem to be extreme in adversity, Christ is still with you. He lives and abides within you.

In your overcoming you are to cease to think of yourself as a man of flesh, sin, and disease, and you are to direct your thought to your spiritual nature, to Christ within you. As you progress in this line of thought you will find that the personal man will decrease and you will increase in your consciousness of your Christly nature.

Never lose sight of your spiritual identity. Christ within you is your only hope, your only way, of freedom from limitation. Christ is your light, peace, life, love, health, and substance. When you are conscious of Him, when you know your oneness with His life, you realize that the real of you is the reality of Christ. In this way Christ—your true power, life, and health!—comes forth in you and you realize your inseparable unity with Him.

Christ be formed in you.—Gal. 4:19.

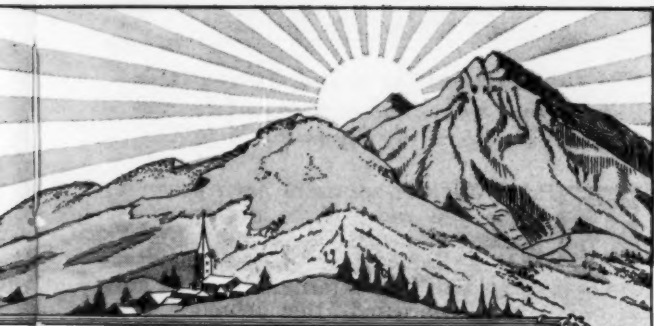


## Elev

I lift my eyes to see the hills whose  
Where rustling breezes gently st  
Where all these valley shadows are  
Where it is always heavens day

I shall ascend unto my hills and  
With outstretched hands and eag  
With elevated thought inspired,  
Its quietness throughout all time

Into my heart of hearts I go, wh  
Within my breast there's calm, th  
For I am lifted far above the str  
I live among the hilltops where y



# levation

Hills whose heights are calm and cool,  
Gently stir my favorite em'rald pool,  
Shadows are unseen because of light,  
Tens day, e'en though below 'tis night.

Hills and stand with upturned eyes;  
And eager heart, look into heaven's skies;  
Inspired, know more of heaven's peace—  
At all time will never change or cease.

I go, where God of heaven abides;  
In calm, there's peace, whatever else betides;  
Leave the strife and heat of earth—  
Where young Morning has his birth.

TUESDAY, AUGUST 11

---

*Conscious of the joy of Spirit within me, I lose sight of all sorrow and depression. In Spirit my joy is made full.*



HAT WHICH seems to have power to make you sad will be robbed of its power to do so when your attention is turned away from it. If you have thought of persons and external things as able to make you depressed, then change your thought. Think of Spirit within you as the source of joy. Think of yourself as always one with Spirit, unified with universal joyfulness.

When you give too much power to things of the external world your attention is drawn from Spirit within you. You no longer realize your oneness with Spirit's joy. Direct your attention back to Spirit, away from things—back to joy within you, the never ending joy of Christ.

Many persons become depressed because they are unhappy unless joy seems to overwhelm them. They need to put themselves not in the position of expecting to be the object of joy but, rather, in the place wherein they control joy, find it within themselves, and bring it into manifestation according to their wishes.

The Spirit of joy within us comes forth as the animation of happiness and good cheer when our attention is directed to it.

Thou hast put gladness in my heart.—*Psalms*  
4:7.

WEDNESDAY, AUGUST 12

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*All hatred and ill will are cast out of my mind and my life, because in me God as love now manifests in His fullness.*



ARE YOU given to thoughts of ill will? Do you occasionally entertain hatred? Have you tried to break yourself of the habit of thinking unkind thoughts toward others? If so, the remedy is at hand. God as love comes to your assistance.

As you meditate upon love today, direct your thought to God at the very heart of your being. Think of Him as always loving. Realize that no thought of unkindness, ill will, or hatred ever emanates from God. Know that through Him you are identified and unified with the Spirit of God in all others. In Truth this is your only identification with them!

Think less of the so-called hatred in the world and more of the love of God. Begin to see love expressed in and through yourself and others to the extent that the world becomes filled with love. Begin to think and act from the standpoint of love.

When tempted to think an unkind thought, turn your attention to God within you. Let Him express His love in and through you and, at the same time, through your associates.

To them that love God all things work together for good.—Rom. 8:28.

THURSDAY, AUGUST 13

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*God, divine principle, spiritual law, is the foundation upon which my life is built. Every so-called law of limitation is superseded by the law of good.*



ODAY we think of the lawlike character of God and His action. We think of Him as working in a scientific way. We think of His law as governing us to the exclusion of all so-called laws and rules of limitation. We know that the law of health, backed by the power of God, puts an end to the operation of so-called laws of disease, which are founded upon the ignorance of men.

Do not be bound by many laws, by laws of disease, laws of limitation. Put yourself under the government of God, His law, His principle. Know that only the law of good—the law of health and success—can govern or influence you.

You make an adverse law for yourself whenever you think or speak of yourself as limited in any wise. You come under the government of the law of good when you know that God, the good, is working in and through you as cause and effect. Since in Truth there is only God, then there is only His law of good. When we know Truth, we shall realize that in reality we always have been and always shall be governed solely by God, only by His law.

Thy law is truth.—*Psalms 119:142.*

FRIDAY, AUGUST 14

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*I lose all disposition to criticize or condemn myself or others, because I now abide in the praise of God.*



**W**HEN A PERSON gets in the habit or in the attitude of condemning himself or others, he becomes more conscious of human faults and frailties than he does of that which is praiseworthy. Faults seem to be increased in those about him, because he is in the mental attitude wherein he seeks and finds them. Condemnation, then, comes not from the magnitude of personal faults, but from one's habitually living in a state of mind wherein faults occupy first place.

Do not put upon the faults of others the blame for your habit of condemning others. Do not think that you criticize yourself because there is really something to criticize. Look to your state of mind. Unless the attitude to condemn is changed to an attitude of praise, you will continue to criticize. Fill your mind so full of love and praise that you no longer have any desire to see the faults of others or to comment upon them.

The world and all its people look entirely different to you when you free yourself from the condemnation habit. You find more things to praise than you have found to condemn.

When he giveth quietness, who then can condemn?—*Job 34:29.*

SATURDAY, AUGUST 15

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*The action of the mind of Christ in me disciplines all my thoughts, and I think thoughts of Truth, love, and good.*



THE MIND of Christ, the consciousness of spiritual Truth, gives us something by which to measure our thoughts, a standard by which we are to gauge our thinking. Even as Jesus Christ typifies to us the perfect man, so does the mind of Christ represent that clear-mindedness with its spiritual thoughts which causes us to know our divine heritage.

We enter the mind of Christ, the realization of Christ Truth, through spiritual consciousness. We become identified with thoughts that link us with the divine. We find ourselves thinking thoughts of peace, Truth, love, life, and substance to the exclusion of thoughts of inharmony, falsehood, fear, disease, and death.

As we become conscious of the action or operation of the Christ mind in us, we find all our thoughts brought into harmony with it. We discover that our thoughts are disciplined by spiritual forces. We find that our relation to the Christ mind or consciousness has bestowed upon us power to free ourselves from negative thought, power to think thoughts of Truth, to keep our thoughts directed heavenward.

Have this mind in you, which was also in Christ Jesus.—*Phil. 2:5.*



## SUNDAY, AUGUST 16

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*I am now at one with God within me,  
at one with all good, at one with all life.*

**T**ODAY we rise out of all belief in separation from good. We no longer think of ourselves as apart from our good. We do not think of ourselves as separated from God. We know that through universal unity we are inseparably joined to all life, all good, all that is of God.

Realize your oneness with all persons. Know that through the Spirit of oneness you are linked with them, at one with the good within them, at one with their indwelling Spirit of God. This realization of oneness will help you to solve many of your personal problems. When you feel at one with other persons, personal problems no longer exist.

Enter into the consciousness of universal unity. Know that you are part of God in all His various manifestations. That of God which was implanted in you at the beginning identifies and unifies you with God throughout all time. You are one with peace, love, perfection, and health. In the consciousness of your divine birthright you cannot be separated from any of these. You are one with the prosperity and success of Spirit.

Behold, how good and how pleasant it is  
For brethren to dwell together in unity!

—*Psalms 133:1.*

## MONDAY, AUGUST 17

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*I am free from the habit of impatience. I am patient because I confidently trust God in all things.*



**WE** FREE ourselves from impatience when we learn to trust God. We do not look for chaotic conditions in our affairs, when we know that He will bring good to pass. We do not think that God will fail to come to our rescue, when we learn to trust Him implicitly.

Impatience results from lack of trust in God. The impatient person is not sure that God's work will take place in time to prevent the appearance of evil. He believes that his good can be delayed or prevented from reaching him. He forgets that Spirit knows no time or delay.

If you would be free from impatience, increase your trust in God. Cease to believe in the power of evil. Cease to think that evil's work will be done before Spirit's action can take place. Know that God's work is always being done and that you need but to open your spiritual eyes in order to see it in its perfection.

Learn to forgo all personal concern about your affairs and to know that Spirit is ever at work bringing order out of confusion, promptness out of delay, success out of failure.

Let patience have its perfect work, that ye may be perfect . . . lacking in nothing.—*James 1:4.*

TUESDAY, AUGUST 18

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*I can make decisions easily. Spirit points out my way to me.*



**W**HEN YOU have a decision to make, do not allow yourself to become confused. Realize that there is but one road for you to take, and that the Spirit of wisdom and discernment within you points out that way to you. Know that your path is revealed to you and that it is one of joy and success.

Learn to turn your attention within you to the very heart of your being. Direct your thought away from things of the outer life—from confusions, indecisions, and double-mindedness. Know that at the present time there is but one path for you to take, and that Spirit is revealing it to you. All other ways will cease to appeal to you when you know this truth.

When you let Spirit within you make your decisions you will be assured of Spirit's sanction of all that you do. Spirit's approval and blessings follow you. Claiming Spirit's way for your own, you also claim Spirit's blessings.

Let this lesson today help you to make the decision that you have in mind. Give the problem to the Spirit of wisdom within you, and know that all things are being done for your highest good.

To him that ordereth his way aright  
Will I show the salvation of God.

—Psalms 50:23.

WEDNESDAY, AUGUST 19

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*The light of God at the heart of my being is my light, intelligence, and inspiration.*



OD WITHIN US is our wisdom, inspiration, and Spirit of revelation. All that we need to know will be revealed to us when our attention is directed to Him. His light, wisdom, and inspiration become ours when we claim them for our own.

Does your place in life seem darkened at times? Does your life seem to lack a guiding light? Then be guided by the light of God. Feel that His light is shining in and through you, illuminating and inspiring you. Your consciousness will not be darkened, you will not be in ignorance, when you realize your oneness with the light of Spirit.

Do you need light on any of your problems? Cease to think of yourself as ignorant or in darkness. Know that you are a son of God, a child of light, one with your Father's intelligence. Affirm your oneness with His wisdom and understanding. In Truth you have never been separated from the light of Spirit.

You become illumined and inspired to the extent that you make the right connection between your mind and the Truth of God. Receptive to His light, you become at one with His light and wisdom.

Jehovah . . . thine everlasting light.—*Isa. 60:20.*

**AFFIRMATIONS USED BY  
SOCIETY OF SILENT UNITY**

**August 20 to September 19**

**ILLUMINATION**

**By the grace of God, through Christ,  
I am divinely inspired and illumined.**

**HEALTH**

**By the grace of God, through Christ,  
I am forgiven and healed.**

**PROSPERITY**

**Thy unfailing supply rushes to meet  
my every need, and I am in all ways  
prospered.**

THURSDAY, AUGUST 20

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*The healing presence and power of  
God are now upon me, and I am lifted  
in mind and in body to perfect health.*

**L**IFT YOURSELF out of weakness and disease by entering the healing presence of God, wherein your health and strength are to be found. In Spirit and in Truth you are not weak or diseased. God's perfect creation carries no imperfection or disease. You may think of yourself as diseased and thus cause disease to manifest, but in the sight of God you ever continue to be His image and likeness, the image and likeness of perfection and health.

Your health will manifest in the body when you get a clear realization of God's healing presence and power. When you know that the health and wholeness of God, your Father, is yours, His child's, you will cause it to be expressed in your physical organism. The healing power of God is recognized when your thought is lifted to the truth that health and wholeness in God is your divine birthright.

In spiritual consciousness you perceive yourself as whole and well. You see yourself as you are seen in Spirit. You know yourself as a perfect son of God, free from blemish and disease, erect in divine manhood.

I will restore health unto thee, and I will heal thee of thy wounds, saith Jehovah.—*Jer. 30:17.*

FRIDAY, AUGUST 21

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*I lack no good thing. The riches of God are now poured out upon me.*



**D**ISABUSE your mind of all belief that you must live a life of hardships and lack. Cease to think that you serve God better when you are in need. Know the truth that you honor Him when you realize His abundance and participate in it. You attest to the truth of your divine sonship when you demonstrate and prove the truth about your prosperity and success.

Since it is the Father's will to give you all that He has, you can have no unfulfilled need for any good thing. His riches are poured out upon you continually. His bounty is yours. To enjoy it, you need but to enter that consciousness in which you recognize no lack and perceive the omnipresence of His substance.

Discipline your thinking to such an extent that you are free from all belief in lack, limitation, or failure. Become a spiritual superman. Live in the prosperity consciousness that your Father wills for you. Live in prosperous and successful ideas. These serve to link you with your highest good, your prosperity and success.

If this doctrine of prosperity is new to you, begin today to prove its truth. Think in terms of prosperity and success.

It is your Father's good pleasure to give you the kingdom.—*Luke 12:32.*

*Every thought not based upon Truth  
is now cast from my mind. God as  
Truth rules me in all that I think and do.*



ODAY our lesson is based upon Truth. We think of Truth as our pattern, chart, and guide. As we discipline our thoughts to conform to Truth, we find that thoughts in line with the old way of thinking drop from us. Thoughts in keeping with the Truth of Spirit remain in consciousness.

We say so much about Truth that it seems to occupy a most conspicuous place in practical Christianity. Truly, it does, since our salvation from inharmony, fear, disease, and lack depends upon our perceiving the Truth of Christ. Jesus is strongly linked with Truth in our mind; in fact, to the student of Truth, it and Christ are almost synonymous terms. The reason for this is that Jesus' coming as a Truth bearer has caused us to think of Him as Truth personified.

Those who study Truth find that false beliefs—beliefs in disease, fear, failure—disappear through its study. The truth about their health dislodges all belief in disease. The truth about success dispels all belief in failure.

The Truth of God is our guide, our health, our success. Perceiving it, we are guided into life eternal, success unlimited.

When he, the Spirit of truth, is come, he shall guide you into all the truth.—*John 16:13.*



## SUNDAY, AUGUST 23

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*All tenseness now disappears from my mind or my body. I relax in the consciousness of perfect rest and peace.*



**A**S WE learn to trust God and to rely upon Him in all situations, we find that tenseness disappears. We cannot be tense mentally and physically when we relax in the consciousness of trusting in Him, knowing that He will bring all good to pass.

The thought that causes tenseness must be displaced and replaced by the realization that God governs all things wisely and well. When we try to rule God's world by our personal will, we attempt to govern in His stead. We try to take things in our own hands and to hasten developments. This causes tenseness, which can be overcome only through trust in God and absolute reliance upon Him.

If you are inclined to be tense, look to your mental life. Are you fearful of the outcome of events? Do you become afraid that God's goodness will not prevail? Leave all things to Him. Leave your affairs in the keeping of infinite wisdom, love, order, and justice—God!

Learn to relax physically at the very first indication of tenseness. Practice mental and physical relaxation until you are able to relax under all conditions and at all times.

The government shall be upon his shoulder.  
—Isa. 9:6.

MONDAY, AUGUST 24

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*Christ, the Spirit of truth now in my  
midst, is my Savior. From all adversity  
I am delivered and saved.*

**H**OW LOGICAL it is to know that man came into the world with some means of salvation! Were he placed in the world at the mercy of adversity, sin, evil, and disease, he would, indeed, be poorly provided for. He could not claim the omnipresence and overshadowing of the Almighty if, even for a second, he were left without the help of a Savior.

Jesus came to demonstrate to mankind just what His salvation would do for it. God manifested as the Christ in order that mankind might have a Savior visibly at hand. Jesus came, preaching the message of deliverance from sin and sickness, that mankind might be saved from these adversities.

Salvation comes first through Truth, through the realization that the Christ consciousness does deliver from all forms of adversity. The Truth of Christ delivers us from ignorance. The saving truth about health frees us from disease. Christ becomes our Savior when we turn from all belief in sin or disease and recognize Him as powerful to deliver and to save us.

My saviour, thou savest me from violence.—*II Sam. 22:3.*

TUESDAY, AUGUST 25

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*The blessings of God—peace, health,  
and plenty—are showered upon me and  
I know that God continues to bless me.*

**S**TUDYING Truth, we turn away from all belief in lack or all thought that we can be deprived of any of the blessings of God. We cease to think of deprivation. We no longer believe that we can be visited by calamities or misfortune. Our thought is centered upon God and His blessings.

We increase our blessings by giving thought to them. As we count over our blessings, we are sure to think of some that have escaped our notice. We always find new ones, always something for which to be thankful. God's blessings are on every hand, and we become aware of these as our thought and vision are lifted up to behold them.

As long as you think of disease as something having place in your life, just so long will you fail to see the blessings of God manifesting as health and strength. If you believe in lack, you will fail to observe that God blesses you with prosperity and success. Clear your vision of limitation and doubt. See God's blessings on every hand. Even now He is blessing you.

Prove me now herewith, saith Jehovah of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it.—*Mal. 3:10.*

## WEDNESDAY, AUGUST 26

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*Heaven—the kingdom of light, peace, love, health, and plenty—is now manifest. Heaven is within me, and I am in its midst.*

**W**E DO NOT THINK of heaven as existing in some remote spot or as appearing at some distant time, when we learn the truth that our Creator abides right now in His heaven at the very center of our being. Since God lives in us, then heaven is where He is. Knowing this and accepting it as Truth, we are convinced that heaven is no longer remote from us.

All the blessings and manifestations of God appear in heaven. All that we need for our happiness and our highest development comes from God. All these belong to the heavenly realm, and when we find it these become ours. Peace, abundance of love, fullness of life, unmeasured prosperity and success, all belong to heaven, belong to us!

Our first duty is to find heaven within us. Our second is to make ourselves receptive to the outpourings of God. Our third is to live in heaven at all times. This we do by holding to the truth of God's omnipresence and by claiming His gifts for our own.

Seek ye his kingdom, and these things shall be added unto you.—*Luke 12:31.*

THURSDAY, AUGUST 27

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*I pray to God by lifting my thought to Him, knowing that He answers me according to the good that I desire.*

**P**AYER consists of two things: an aspiration heavenward and an inner conviction that the answer is on the way. Free yourself of all belief that through prayer you beseech God for something. By prayer you realize your relation to the thing that you seek. You know that God is constantly giving you good things, and you endeavor to become aware of them. Through prayer you become conscious of the reality and presence of God, manifesting Himself as a blessing for you.

Your prayer is answered to the extent that you can behold what God has in store for you. There is no limitation on God's part as to what He will give you. You may limit yourself as to capacity to receive, but even your capacity will be enlarged as you better understand how to pray and become more receptive to God's gifts.

By aspiring Godward we join ourselves with the good that we seek, because all this good is found in God. Prayer serves to help us to unfold from within that which God-within-us seeks to express. By prayer we find God's gifts for us in manifestation.

Pray to thy Father who is in secret, and thy Father who seeth in secret shall recompense thee.  
—Matt. 6:6.

FRIDAY, AUGUST 28

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*I look beyond the mist of materiality  
and see the perfection of all things in  
Spirit.*



**W**HAT A PRIVILEGE it is—when we know Truth—to be able to see through the appearance of sin, evil, limitation, or materiality, and to view persons and things as they are seen in Spirit, to look beyond personal values and see men as God sees them—whole and perfect! How many of our personal problems disappear when our eyes are trained to see clearly and distinctly the good back of the appearance of evil!

This lesson today is for the purpose of clearing our eyes of the mist and fog that results from material-mindedness. Seeing with the inner eye—the eye of Spirit—first (a process of the mind), we find our physical eyes seeing the spiritual nature of all that we gaze upon.

Train yourself not to look for personal shortcomings, evil, or adversity. Those who look for evil can always find it. Censors of books and plays often find evil that would pass unnoticed by the average reader or spectator. Those who are guardians of the morals of others often find evil in their own eyes. The way of the student of Truth is to look for, anticipate, and expect the good.

Blessed are your eyes, for they see.—*Matt. 13:16.*

*Regardless of outer circumstances,  
I can at all times feel the stillness and  
quietness of God.*



THROUGH practice we learn to turn from the seeming vexations and noise of the outer world and know that there is something within us that is master over all these, and that something the soothing, comforting presence of God. In this realm we find peace, harmony, and quiet.

Try to arrange your time so that you can have a little time each day for a period of quiet. The time taken from business affairs or from home duties will be amply rewarded. Learn to turn from affairs of the outer life for a few moments and to realize the stillness and quiet of the inner life.

Those who practice the silence find that there is great good to be gained from it. Mental and physical quietness, stillness, peace, and relaxation come from the practice of turning away from affairs of the outer life and knowing our oneness with the indwelling presence of God.

Be still! Learn to become so quiet that you sense the powerful silence of God's majesty in your heart. Bring from this place of silence the sense of mental rest and physical endurance.

Be still, and know that I am God.—*Psalms*  
46:10.

*The Spirit of God in me has dominion and authority over everything in my world. My mastery is expressed and recognized.*

**M**AN HAS within him power and dominion over every situation and thing in his world. This dominion comes through knowledge that the Spirit of God is in his midst. It comes through knowing that Spirit is mightier than all else, stronger than the claims of the external world.

It is usually the belief that persons, things, and events of the external world can affect our well-being, and this belief causes much of the mental unrest and physical inharmony that man experiences. The truth of Spirit's supremacy, the recognition of man's mastery through Christ, enables man to assert his mastery and power of authority.

Man comes into the world with power from God and mighty to overcome and overthrow every claim of the world about him. His experience in the realm of matter is solely to prove to himself his supremacy over it. Evil, sin, and disease may appear about him, but solely as opportunities for him to realize their nothingness and powerlessness as viewed from the standpoint of Spirit, God in his midst.

The upright shall have dominion.—*Psalms 49:14.*



MONDAY, AUGUST 31

---

*The zeal and enthusiasm of Spirit within me make me enthusiastic about everything that I do.*

**T**HE ENTHUSIASTIC person gets a great deal of good out of life, since he brings forth from the depths of his being a great deal of zeal and vitality. He is always a favorite among his friends because he is always responsive and interested in everything that concerns them.

Many a student of Truth is inclined to miss many of the beauties and pleasures that can be enjoyed without making a compromise with his spiritual understanding. Not to participate in some of the innocent pleasures of the world, not to see beauty on every hand, would be to entertain a false concept of the purpose of life.

The responsive person, the one always interested in what another says or does, has a definite place in the world. From the zeal stirred up within himself he gives enthusiasm to one needing encouragement.

Through enthusiasm we lose sight of much of what would otherwise seem to be monotony. We take an interest in the many little tasks that come to hand. We lose sight of unpleasant happenings by being enthusiastic over some situation that prompts us to joy.

Stir up the gift of God, which is in thee.—II  
Tim. 1:6.

## "I'm Just Where I Was When I Started"

He who takes up the study of Truth is often so anxious to see results that he fails to note the actual progress that he has made. He is likely to say: "I'm just where I was when I started."

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